

Do you want to learn how to row?

Our Spring **Learn2Row** course starts on 24th March

**If you've never been in a boat before or have only tried it once or twice then this is the course for you.
The objectives of the course are simple:**

- to introduce you to the sport of rowing
- to teach you to row in a safe and friendly environment
- to provide individual coaching to develop your rowing technique
- to build your confidence on the water
- to improve your fitness and have fun

The course is run over six sessions on Saturday mornings and Wednesday evenings on 24,28,31 March and 4,7,14 April 2018.
Cost: £130 per person. Open to anyone 18 years+.

To join the course please contact Stuart at
L2R@goringgapbc.org.uk



Goring Gap Boat Club is a recreational boat club for all ages and abilities, currently based at the Hardwick Estate near Whitchurch-on-Thames on the stretch of river between Pangbourne and Mapledurham lock.

www.goringgapbc.org.uk

